



COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

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Website: <http://www.bedfordma.gov> to follow link to COA

Director: Lori Wittner

COA Elder Services Coordinator: Wendy Aronson

Administrative Assistant: Alissa Anderson • COA Volunteer Coordinator: Ita Baird

Saturday Activities Coordinator: Vicky Umanita • COA Board Chair : Roberta Ennis

*** Winter Weather Policies ***

If the Bedford Public Schools are closed or delayed due to weather, the senior center will be also. If there is severe weather but the schools do not close, we will hold activities if possible. However, please call before coming as presenters or teachers may not be able to get here. Staff will still be in their offices to assist you (though, of course, if you have an emergency, please call 911).

Those who have scheduled rides through the BLT and Wheels of Life programs should call the COA about the status of their rides. Medical appointments will be evaluated on a case-by-case basis, although a recommendation will be made to reschedule if possible.

In the event of a long term emergency the town will broadcast emergency information on AM radio 1640 as well as on the town website www.bedfordma.gov. Finally, if you are without heat and electricity for more than 12 hours and the temperature outside is less than 45 degrees, seek shelter with heat and electricity. If you have nowhere to go and need shelter, call the Public Safety Dispatch at (781) 275-1212 for assistance.



Let's Celebrate!

Celebrate the holidays with us on Saturday December 14 at 12:30 PM. Enjoy a special festive lunch while socializing with Vicky and all of your friends! The cost of this event is \$5 per person. The lunch is being catered so reservations are required. Please sign up by calling the COA at (781) 275-6825.



Come Celebrate with Singing Star Ruth Harcovitz

The Bedford COA and Right-at-Home In-Home Care Agency have joined together to bring singing star Ruth Harcovitz, fresh from her Atlantic City triumph as a Top Ten Finalist in the Ms. Senior America Pageant, to Bedford. Ms. Harcovitz will present her program, "Happy Holidays" at the Bedford Senior Center on Tuesday, December 10 at 1:30 PM. This program includes everyone's favorite holiday songs, lesser-known selections, and of course a Christmas Carol sing-along. Refreshments will be served following the performance. For reservations, please call (781) 275-6825. This program and the refreshments are sponsored by Right-at-Home In-Home Care Agency, located at 60 Great Road in Bedford.

HOLIDAY CLOSINGS

The COA will be closed on December 25 and January 1.
We wish you all a safe and happy New Year!

COMING THIS WINTER!

Bridges: Growing Older, Growing Together is an award-winning program that creates opportunities for older adults and elementary school students to share experiences and exchange ideas, perspectives, and values. It is not a tutoring program, but rather a community-wide vehicle for reciprocal respect and understanding. Stay tuned!



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Trips! Trips! Trips!

Our Trips Coordinator, Lenore Dichard will escort you on the following adventures:



New Year's Eve At Noon

Make your New Year's Eve celebration unforgettable with a cruise on the Odyssey. Ring

in the New Year with a delicious 3-course lunch on Boston Harbor, fun party favors, and a champagne toast at noon. A Disc Jockey will entertain you while you enjoy impeccable service and stunning skyline views. Your coach bus will depart from Bedford at 9:30 AM on **Tuesday December 31** and will return at approximately 3 PM. The cost of this trip is \$70 due upon sign up. Advanced sign up is necessary in order to reserve enough spaces.

Impressionists on the Water

On **Friday December 6** we will visit the Peabody Essex Museum where we will see nearly 60 oil paintings, works on paper, models and small crafts—all illuminating the importance that access to the sea and France's extensive inland waterways played in the development of one of the world's most robust artistic movements. Following the tour we will enjoy lunch at the elegant Hawthorne Hotel. Meal choices include Baked New England Scrod with Lemon Butter or Charbroiled Chicken with grilled onions and apple corn relish. The cost of the trip is \$70 due upon sign up. We will depart at 10 AM and return at about 4 PM.

All Bedford COA day trips will depart from the Town Hall parking lot in front of the police station unless otherwise noted.

And Don't Forget These Ongoing Activities...

Have Some Fun!

Bingo! Join us Monday December 9 at 10AM for a chance to win token gifts. All are welcome!

Game Time! Play your favorite games each Monday at 10AM. Bring your friends for a game of Scrabble, Chess, Cribbage and more!

Dominos! Join us on December 23 at 10AM whether you are a seasoned player or haven't played since you were a kid!

Sing with the Songbirds! Wednesdays at 10:30 AM! All are welcome to join this fun and spirited group!

Play Scrabble! Do you love to play Scrabble? Then come to the COA Fridays at 1 PM to play!

Play Texas Hold 'Em Poker! Stop by Monday afternoons at 1 PM for poker!

Handcraft Group Come down each Monday at 3 PM to do your own handcraft projects and chat! New members always welcome!

Play Mah Jongg! Stop by Wednesdays at 11:00 AM! Lessons available! All are welcome!

Play Duplicate Bridge! Every Tuesday and Thursdays December 12 and 26 at 11 AM.

Fitness and Fun For You!

Line Dancing with Katrina Come line dance each Friday at 1 PM. The class costs \$2.



Get Information and Advice

Talk to Your State Representative Call the COA to find out when Ken Gordon will be here in December to talk with you about state issues.

Need Legal Information? Retired lawyer Peter Robinson is available to talk with Bedford seniors to answer simple questions on wills, estates, etc. To arrange a meeting, contact the COA.

Federal Retiree Benefits If you or your spouse is a federal retiree, Rosemary Dyer will be available to answer questions about your benefits. Please call the COA to arrange a meeting.

Coffee Hour Meet new friends and have a cup of coffee or tea on Tuesday evenings at 6:00.

Single Again Are you finding yourself single again as an adult 55 and older? Please join us every Tuesday evening at 7:30 for an informal discussion group.

Share Your Interests

Current Events Come each Thursday at 1 PM to talk about national, international, and local issues, or anything else.

The Genealogy Group meets to share information about exploring their family trees. Join them on Wednesday December 11 at 10:00 AM.

The Nom de Plume Writers Group meets the first and third Tuesdays of every month at 1 PM. Do an exercise, share your work, and get feedback! New members are welcome.

Bedford-Lexington Great Books 12/3: Zweig, Stefan, "The Royal Game" from *The Royal Game and Other Stories*, Trans. Jill Sutcliffe, Penguin.

Minuteman Senior Services Bedford Café!

Have Lunch at the Bedford Café!

A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 on Mondays, Wednesdays, and Fridays. **Reservations are required** even if you have established a regular schedule. To sign up, call Lisa at 781-275-8542 at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3.

Volunteers Needed!

We are seeking volunteers to help serve lunch on Mondays, Wednesdays, and Fridays. Meals on Wheels drivers are also needed. For more information on helping at the Bedford Café, please call Lisa at 781-275-8542. To volunteer as a driver, please call Diane at 781-221-7093.

❀ JUST FOR FUN ❀

Holiday Cookie Decorating

Joy Tower from Atria Longmeadow Place will be at the COA on December 11 at 1:00 PM for some holiday fun! Come decorate cookies and enjoy a hot cup of cocoa with your friends! Please sign up in advance by calling (781) 275-6825.

David Polansky's Holiday Show

Join us on Tuesday December 17 at 1:30 PM. David is humorous, sometimes serious, and always clever and engaging. Loved by everyone from preschoolers to grandparents. All ages are welcome and encouraged to come enjoy this interactive holiday treat!

BINGO with the Chief

Monday December 9 at 10 AM

Bedford Police Chief Robert Bongiorno will be making a special guest appearance!



Holiday Songfest

Our talented pianist Joyce invites you to come sing along as she plays your favorite seasonal holiday songs each Wednesday at 10:30 AM. If you play an instrument, please feel free to bring it along! All are welcome and encouraged to join this fun and spirited group for an uplifting morning!

Movie Matinee: The Family Man (2000)

Wednesday December 18, 1:00 PM

In this modern-day riff on Frank Capra's *It's a Wonderful Life*, cutthroat investment banker Jack, who eschews emotional ties, is transported into the life he might have had if he wed his college sweetheart.

Saturday Movies! Thanks to the FBCOA for our funding! All movies begin at 1:15 PM

December 7 *Now You See Me* (2013) PG-13 Brainy magicians Atlas and Henley lead a troupe of illusionists who specialize in robbing from the rich, in the form of banks, and giving to the poor, their audiences, all while trying to outwit a team of FBI agents determined to bring them down.

December 14 *The Internship* (2013) PG-13 Two out-of-work salesmen, lacking the digital-savvy skills they need to find jobs, sign on as interns at a high-tech company. While their new assignment may give them the training they need, it also means staying one step ahead of their ignorance.


December 21 *The Way Way Back* (2013) PG-13 A stifled teen finds his voice with encouragement from the manager of a local water park, where he takes a summer job to escape his unbearable home life with his mom and her overbearing boyfriend.

December 28 *Standing up* (2013) PG A boy and a girl who are ostracized by their peer groups at summer camp decide to run away together after becoming victims of a vicious prank. They soon develop a bond, helping each other overcome adversity and start down the path of self-discovery.

MONDAY

TUESDAY

WEDNESDAY

9:00 Exercise 2 9:30 Yoga/ Meditation 10:00 Pilates/Games/ 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	9:00 Fix It Shop 3 9:30 Exercise 11:00 Duplicate Bridge/Tap Dance 12:30 Osteofitness 1:00 Writing Group/ Book Discussion	2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again/ Great Books	9:00 Exercise/Fix It Shop/ Dr. Marks 4 10:00 Computer Club 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE
9:00 Exercise 9 9:30 Yoga/ Meditation 10:00 Pilates/Games/ BINGO 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	9:00 Fix It Shop 9:30 Exercise 10:00 SHINE 10:30 Hearing 11:00 Duplicate Bridge/Tap Dance 12:30 Osteofitness 1:00 FBCOA meeting 1:30 Ruth Harcovitz	2:00 Computer 10 Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise/Fix It Shop 11 10:00 Genealogy 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Cookie Decorating
9:00 Exercise 16 9:30 Yoga/ Meditation 10:00 Pilates/Games/ 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	9:00 Fix It Shop 9:30 Exercise 10:30 Hearing 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness 1:00 Writing Group 1:30 David Polansky	2:00 Computer 17 Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise/Fix It Shop 18 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:30 Movie Matinee 2:00 SHINE
9:00 Exercise 23 9:30 Yoga/ Meditation 10:00 Pilates/ Games 11:45 Lunch 1:00 Poker/ Floor Yoga/Nurse's Hours 3:00 Handcrafts	9:00 Fix It Shop 9:30 Exercise 10:00 SHINE 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness 1:00 Writing Group	2:00 Computer 24 Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	CLOSED 25 
9:00 Exercise 30 9:30 Yoga/ Meditation 10:00 Pilates/ Games/ Dominos/ 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	New Year's Eve at Noon Trip 9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge/ Tap Dance 12:30 Osteofitness	2:00 Computer 31 Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	



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THURSDAY

FRIDAY

SATURDAY

9:30 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	5	Peabody Essex Museum Trip 9:00 Exercise 9:30 Yoga/Meditation 10:00 Pneumonia Vaccines 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	6	12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Now You See Me</i>	7
9:30 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	12	9:00 Exercise 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/ Line Dancing/ Nurse's Hours	13	12:30 Holiday Party 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>The Internship</i>	14
9:30 Floor Yoga 10:00 Exercise/Hearing 11:00 Duplicate Bridge 11:30 FBCOA Holiday Party 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	19	9:00 Exercise 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	20	12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>The Way Way Back</i>	21
9:30 Floor Yoga 10:00 Exercise/ Hearing 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	26	8:00 Podiatry 9:00 Exercise 9:30 Yoga/Meditation 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing	27	12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>Standing Up</i>	28

DECEMBER



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Friends of the Bedford Council on Aging Notes

IMPORTANT: Monthly meeting will return to the 2ND Tuesday of each month
Next Meeting: Tuesday December 10, 1:00 pm in the Flint Room.

Notes from the Fix-It Shop

- **Vacuum Cleaners** - Please be sure when bringing in a vacuum cleaner for repair that the bag is emptied or that a replacement bag is provided.
- **Clocks** - Beginning December 1, there will be new minimum charges for clock repairs. For mechanical clocks, the minimum charge will be \$20 and for quartz clocks, the charge will be \$10.

The Fix It Shop will be closed for the holidays on Wednesday December 25 and January 1. They will remain open for their regular hours throughout the rest of the month - Tuesdays and Wednesdays 9:00-12:00.

Annual Holiday Party *Sponsored By the Friends of the* *Bedford Council on Aging*

Thursday December 19 at 11:30 AM
Special Refreshments will be served
Please RSVP by December 13 by calling
the COA at (781) 275-6825

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.

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